

Cats stretch to condition their muscles. Have a go at an evening of pilates or yoga to stretch and condition your muscles.



Age 14 - 18

Age 7 - 11

Activity details

This activity counts towards...



- Purrrfect Challenge

£/Free	Indoors
Day/Night	

- | | |
|----------------------------------|---|
| <input type="checkbox"/> 11 - 14 | <input checked="" type="checkbox"/> 14 - 18 |
| <input type="checkbox"/> 5 - 7 | <input checked="" type="checkbox"/> 7 - 11 |
| <input type="checkbox"/> 3 - 5 | |
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- | | |
|--|--|
| <input checked="" type="checkbox"/> Autumn | <input checked="" type="checkbox"/> Spring |
| <input checked="" type="checkbox"/> Summer | <input checked="" type="checkbox"/> Winter |
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Skills:

- Flexibility
- Gross Motor Skills
- Listening
- Observation

Equipment: